

SPEEDOMEETING 2026: Session: 1: COACH evaluation sheet for TEAM: DIZV

Coachinfo: Warming up from: 17:00 untill 17:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Geeroms Kristel

Coaches: Rauw Mathis

Coaches: De Paepe Inge HEADCOACH

PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 1: 50M FREESTYLE MEN 11+						Heat:11, starttime: 18:10																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
Heat: 11/16						Lane : 1						Athlete: VERHERSTRAETEN KOBE						Q-time: 00:27:30																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
PB (50m pool): 00:28.08												Molenbeek 01/02/2026												PB (25m pool): 00:27.30												SB: 00:28.08												Molenbeek 01/02/2026																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																					
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Coach feedback:

Event number: 2: 50M FREESTYLE WOMEN 11+						Heat:15, starttime: 18:30		
Heat: 15/15 Lane : 7 Athlete: VERHERSTRAETEN LORE					Q-time: 00:28:55			
PB (50m pool): 00:28.86 Molenbeek 01/02/2026						PB (25m pool): 00:28.55 SB: 00:28.86 Molenbeek 01/02/2026		
	5 0 M							
PB	00:28.86							
	00:28.86							
								

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+						Heat:7, starttime: 18:40	
Heat: 7/11 Lane : 5 Athlete: VERHERSTRAETEN KOBE						Q-time: 00:32:57	
PB (50m pool): 00:33.60 Antwerpen 13/07/2025						PB (25m pool): 00:32.57 SB: no time	
	5 0 M						
PB	00:33.60						
	00:33.60						
							

Coach feedback:

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Event number: 4: 50M BACKSTROKE WOMEN 11+							Heat:7, starttime: 18:55		
Heat: 7/10 Lane : 4 Athlete: DE WILDE LORE							Q-time: 00:35:36		
PB (50m pool): 00:37.22 Molenbeek 01/02/2026							PB (25m pool): 00:35.36 SB: 00:37.22 Molenbeek 01/02/2026		
	5 0 M								
PB	00:37.22								
	00:37.22								
									

Coach feedback:

Event number: 4: 50M BACKSTROKE WOMEN 11+							Heat:8, starttime: 18:55		
Heat: 8/10 Lane : 6 Athlete: VERHERSTRAETEN LORE							Q-time: 00:33:13		
PB (50m pool): 00:33.68 Molenbeek 01/02/2026							PB (25m pool): 00:33.13 SB: 00:33.68 Molenbeek 01/02/2026		
	5 0 M								
PB	00:33.68								
	00:33.68								
									

Coach feedback:

Event number: 6: 50M BUTTERFLY WOMEN 11+						Heat:5, starttime: 19:30	
Heat: 5/12 Lane : 0 Athlete: DE WILDE LORE					Q-time: 00:38:71		
PB (50m pool): 00:38.68 Molenbeek 01/02/2026				PB (25m pool): 00:38.32 SB: 00:38.68 Molenbeek 01/02/2026			
	5 0 M						
PB	00:38.68						
	00:38.68						
							

Coach feedback:

Event number: 6: 50M BUTTERFLY WOMEN 11+				Heat:8, starttime: 19:35	
Heat: 8/12 Lane : 7 Athlete: VERHERSTRAETEN LORE				Q-time: 00:33:47	
PB (50m pool): no time				PB (25m pool): 00:33.42 SB: no time	
	5 0 M				
PB	no time				
	<i>no time</i>				
					

Coach feedback:

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Event number: 7: 50M BREASTSTROKE MEN 11+						Heat:7, starttime: 19:50	
Heat: 7/9 Lane : 0 Athlete: VERHERSTRAETEN KOBE					Q-time: 00:35:39		
PB (50m pool): 00:39.56 Molenbeek 01/02/2026						PB (25m pool): 00:35.39 SB: 00:39.56 Molenbeek 01/02/2026	
	5 0 M						
PB	00:39.56						
	00:39.56						
							

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 20:00		
Heat: 5/10 Lane : 1 Athlete: DE WILDE LORE							Q-time: 00:46:99		
PB (50m pool): 00:48.37 Molenbeek 01/02/2026							PB (25m pool): 00:45.98 SB: 00:48.37 Molenbeek 01/02/2026		
	5 0 M								
PB	00:48.37								
	00:48.37								
									

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+						Heat:8, starttime: 20:00	
Heat: 8/10 Lane : 0 Athlete: VERHERSTRAETEN LORE						Q-time: 00:39:61	
PB (50m pool): no time						PB (25m pool): 00:39.61 SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback: